

State of Vermont
Executive Department
A Proclamation

WHEREAS, Vermont is dedicated to improving the quality of life of all Vermonters and visitors, including black, indigenous and people of color, through physical fitness and sports; and

WHEREAS, regular physical activity reduces risk at all ages of chronic diseases, physical injuries, anxiety, and stress; and

WHEREAS, participation in physical activity and sports can improve physical, mental, and emotional well-being; and

WHEREAS, Vermont offers an abundance of outdoor recreational resources and opportunities to connect with family and friends while engaging in physical activity; and

WHEREAS, the Vermont Governor’s Council on Physical Fitness and Sports, in collaboration with the Vermont Department of Health, Vermont Department of Forests, Parks and Recreation, other state and municipal agencies, and public, private and nonprofit organizations, establishes opportunities for physical activity in communities, workplaces, and schools throughout the state for all people to enjoy physical activity and sports; and

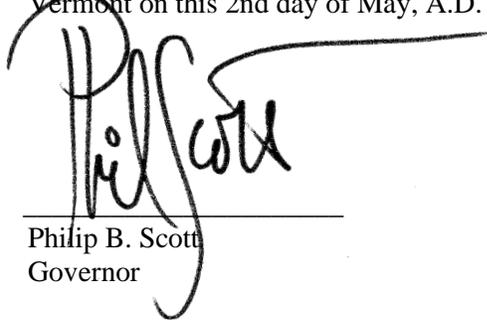
WHEREAS, the month of May is traditionally recognized as National Physical Fitness and Sports Month to encourage the broad promotion of and participation in physical fitness activities.

NOW, THEREFORE, I, Philip B. Scott, Governor, hereby proclaim May 2023 as

PHYSICAL FITNESS AND SPORTS MONTH

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 2nd day of May, A.D. 2023.



Philip B. Scott
Governor




Brittney L. Wilson
Secretary of Civil and Military Affairs